

A photograph of a male rock climber, Josh Larson, in a red tank top and dark pants, scaling a grey rock face. He is positioned diagonally across the frame, reaching up with his right hand to grasp a red climbing hold. His left hand is on a lower hold, and his feet are also on holds. The rock wall is perforated with small holes. The background features large, angular panels in orange and purple. The lighting is dramatic, casting shadows on the rock face.

Josh Larson

The Push to Send

Support

- My family
- Friends
- Sponsors
- TMC

Who Am I?

- 27 Years old
- Born and raised in MA
- Climbing coach
- Route setter
- Ranked 20th at the bouldering World Cup



Climbing Media

- Passionate about creating video
- Love the process
- A few videos to show you tonight



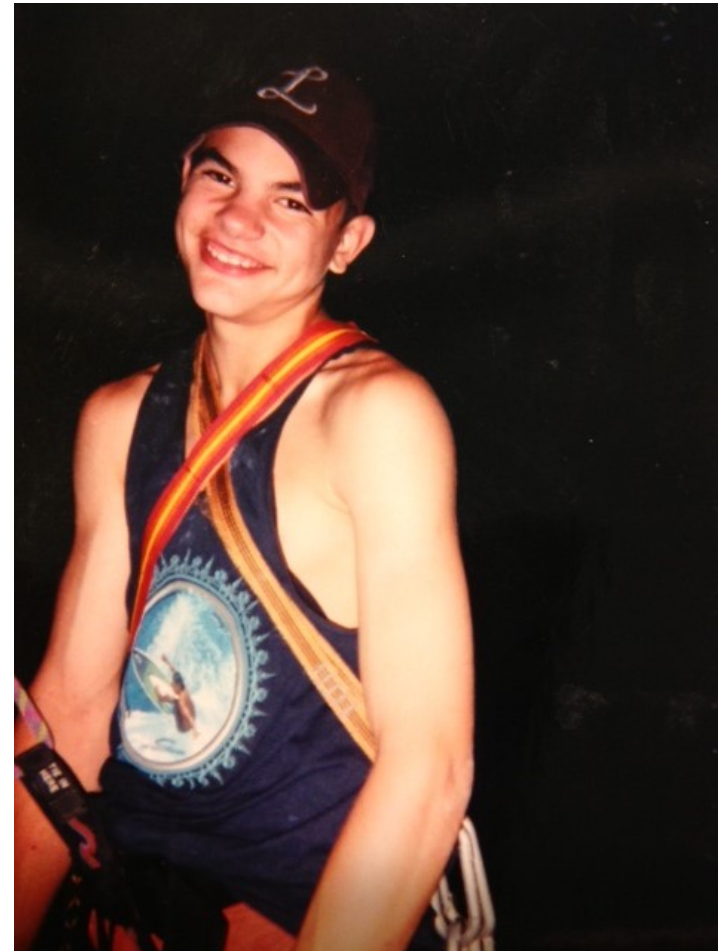
In the beginning....



- Always had a passion to climb
- Mostly found on the roof

Challenge Accepted

- Went to WY
- What is climbing
- 3 routes to try
- Reward for hardest climb completed
- YMCA



First Comp!



- Begged dad to take me
- Nashua, NH
- Isolation
- Learned to lead climb
- Climbing team
- Youth Nationals

Life Changing Events



- Quit climbing
- Full time Licensed Electrician
- Married
- House/Mortgage

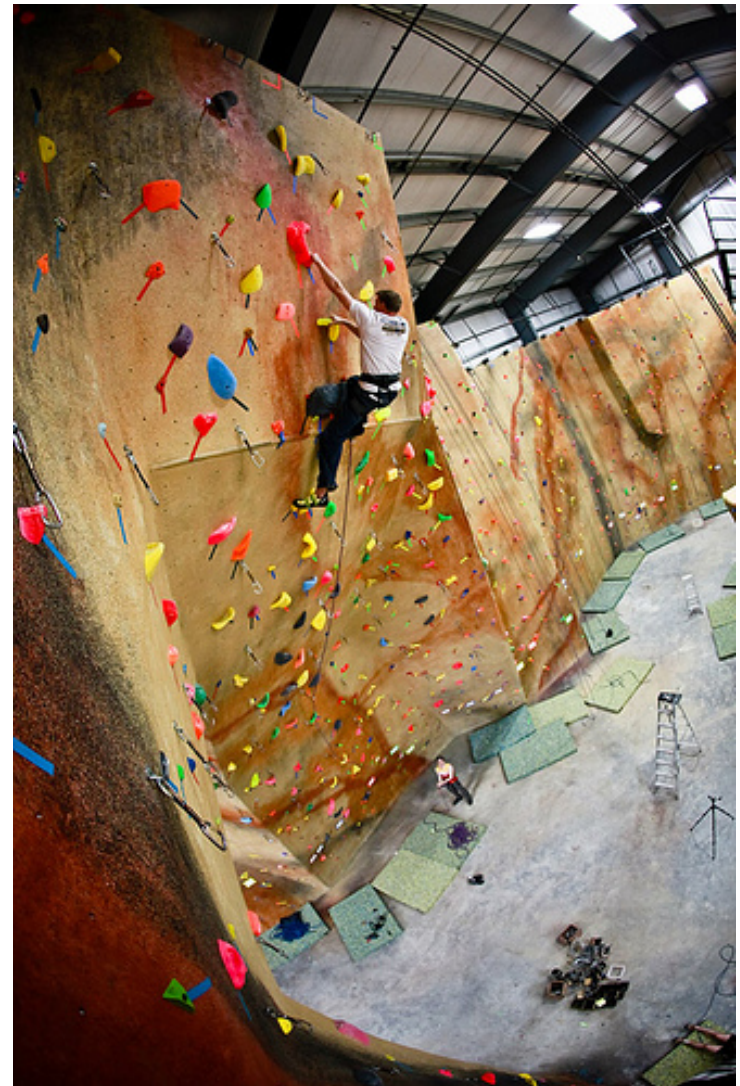
The Ol' Country song



- Divorce
- Laid off
- Financial stress
- Sold house

The push to climb again

- Volunteered hours at a new gym
- Set routes
- Started climbing team
- Fell in love with coaching
- Moved to Boston and started working at MetroRock



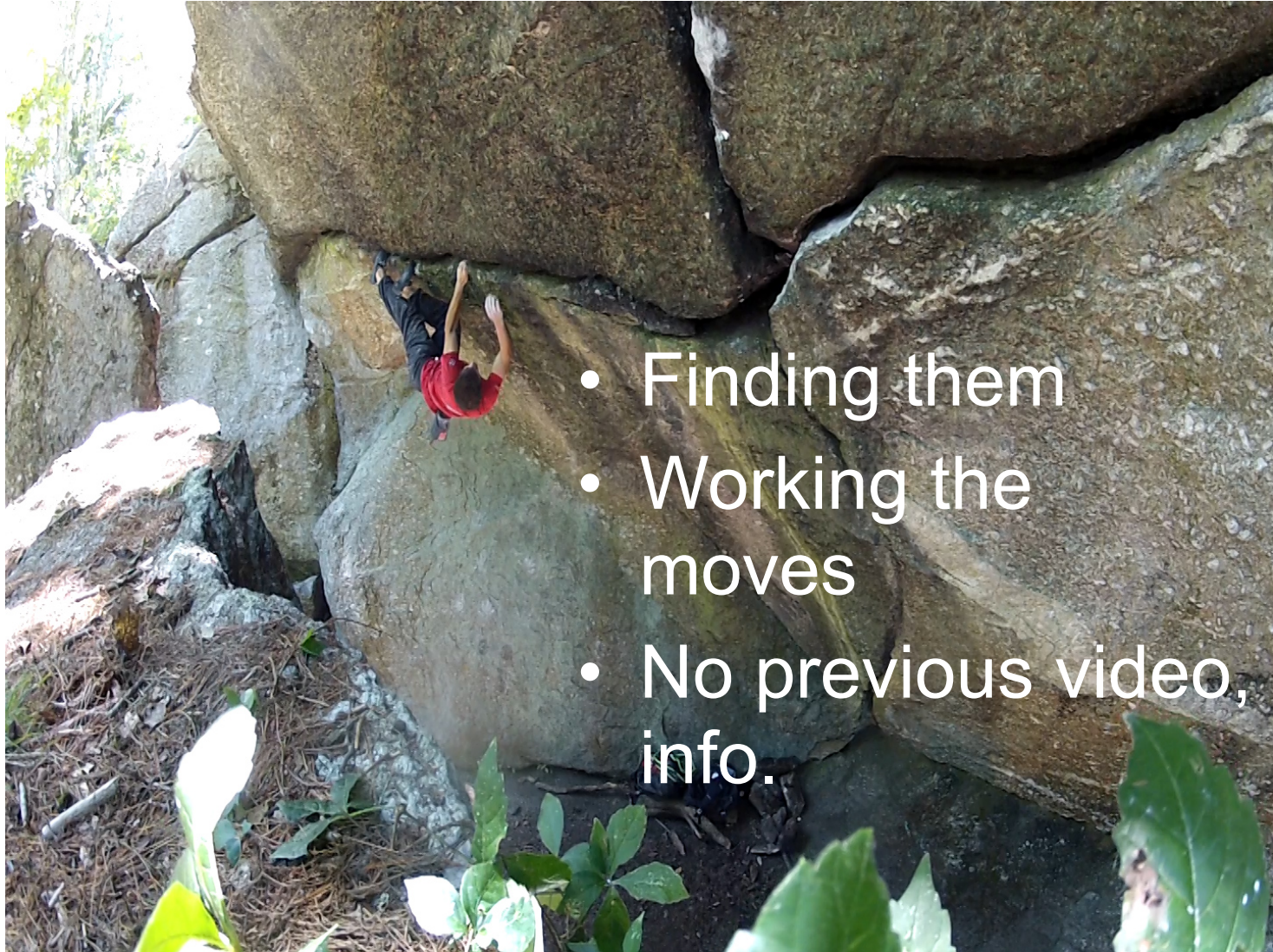
Getting back outdoors



- Started projecting routes
- Looked for the hardest test piece the area
- Predator
- Super clean line with Vision
- Exposure - High climbing with view

Predator video

Establishing routes



- Finding them
- Working the moves
- No previous video, info.

FA (First Ascents)



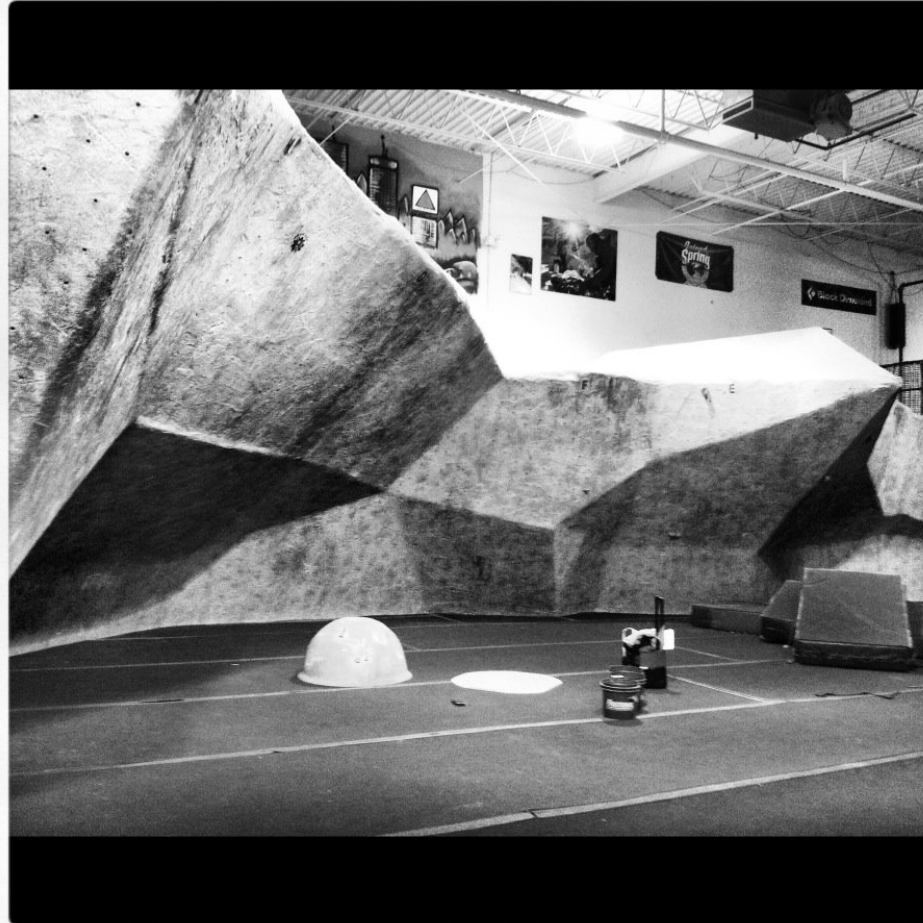
FA Video

Coaching

- Motivated youth
- Very talented
- Seeing the progression



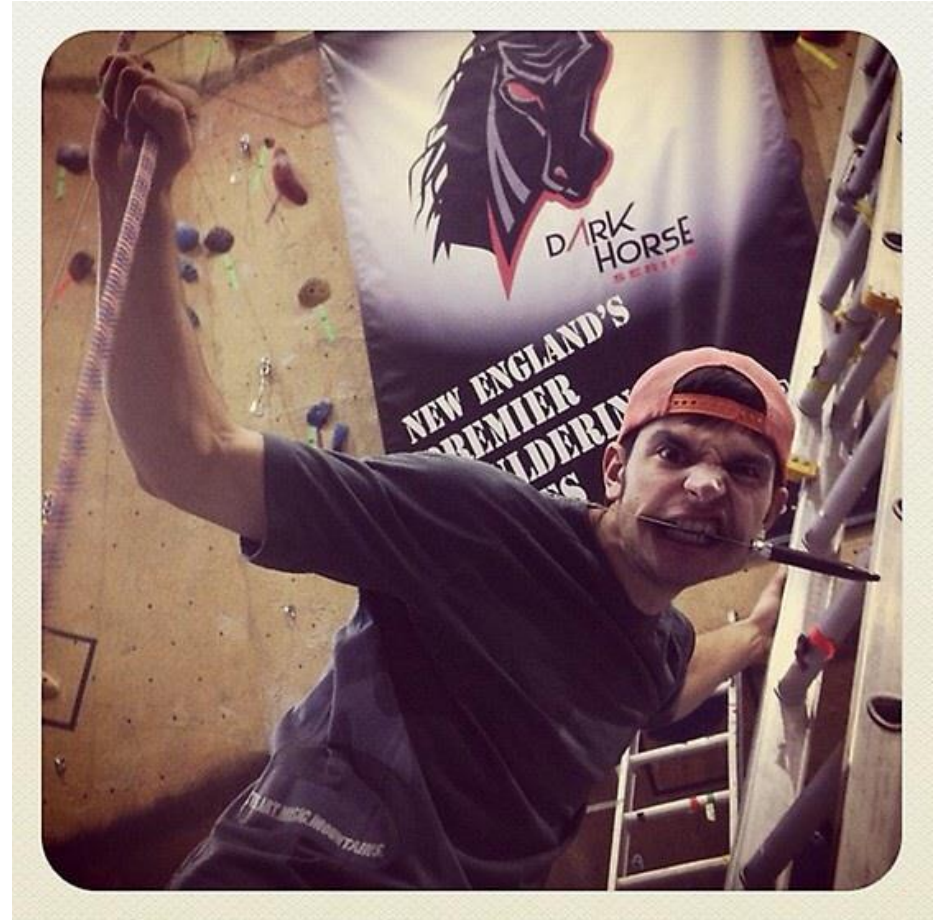
Route Setting



- Being creative
- Very active work

Dark Horse Series

- Setting for people I compete against
- Setting a world class event
- The other end of the spectrum



Training

- I changed my plan
- 20-25 hours a week
- 6 days a week
- System wall
- Sacrifices
- Nutrition



Competitions



Vail Bouldering World Cup



Goal - Place top 20
2011 placed 36th
and felt like top 20
was impossible

World Cup Chamonix, France



- An unforgettable experience
- Route climbing is hard on a international level
- One shot

UBC Pro Championship

- My training kicked into overdrive
- Biggest cash purse in the USA
- 80 Strong competitors



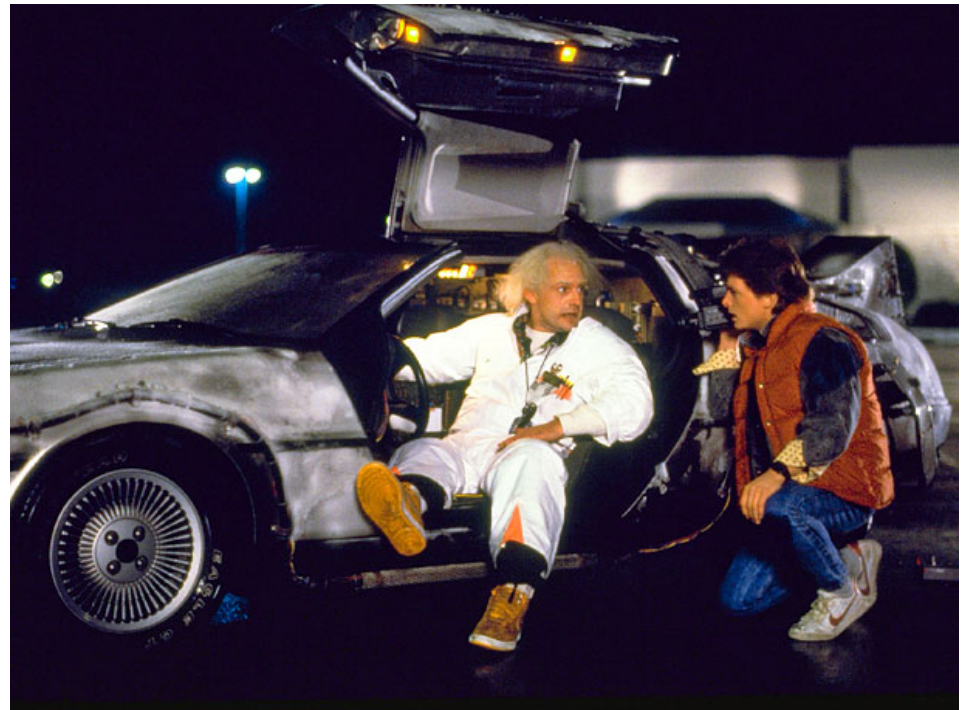
UBC VIDEO

Summary

- Young new climber pushing to learn
- Made a choice to change
- Pushed back into the climbing industry
- Training and competing

The near future

- S.C.S Nationals (tomorrow)
- Joes valley, UT for 2 weeks
- 5 upcoming World Cup competitions
- Climb outside more in 2013



My Push to Send

